Seminar 1 – Impact of Obesity

<http://www.usatoday.com/news/health/weightloss/2010-02-09-1Afirstlady09_CV_N.htm>

With one third of children in America being overweight and child obesity numbers quickly soaring Michelle Obama decides an immediate intervention is in order. This article exposes how Americans have to stop talking about being obese and start taking a active role in not only there own life about getting healthy but also their kids. Because if parents don’t model a healthy way to eat and live then their kids are more likely to pick up their bad habits and continue the cycle. That while many think her goal of eliminating child obesity in one generation is very ambitious and even a little unattainable I think it is a very important issue that finally needs to be properly dealt with. – liz hertz

<http://www.livescience.com/3293-parents-blamed-childhood-obesity.html>

<http://theconversation.edu.au/childhood-obesity-are-parents-really-to-blame-8325>

I used multiple articles to prove my point, and these are two of them that I found very helpful. These two articles explain how parents today are mostly to blame for the child obesity epidemic that is occuring in the United States. The author in the first article speaks about how children tend to eat what their parents eat, and that it is the parents responsibility to set a good nutritional example and teach their kids good dietary habits. The author lists a few statistics, one being that teens and children who have parents who eat fast food and drink soda are 40% more likely to than others who's parents do not. The second article makes the strong overall point of saying that parents of obese children are neglecting them and are lazy, and allow their kids to become overweight by letting them be inactive, eat too much, and are not encouraging enough physical activity. It seems as though parents are putting in much less effort nowadays towards what they are feeding their kids, for example are making poor meal choices for them, and displaying a lack of concern in their school lunches, as many parents are allowing their children to eat the unhealthy food that is provided at schools. In my opinion, parental neglect along with bad parenting in some circumstances are two of the main causes for childhood obesity today. -Sam Wright

<http://opinionator.blogs.nytimes.com/2011/02/22/how-to-make-oatmeal-wrong/>

This is an opinion article taken from the New York Times that discusses McDonald's tendency to take originally nutritious foods, such as oatmeal, and turn it into junk food. It highlights the deception McDonald's gives to all Americans in its advertisements, using words such as "100% natural whole grain oats". The author asks McDonald's why they need to add the unnecessary unnatural ingredients. McDonald's says the menu is "customizable upon request". However, the majority dont know the other options or simply dont need to because they think oatmeal is healthy. This is a huge problem that greatly contributes to obesity throughout the country.

-Holly Gordon

<http://grist.org/article/food-2010-11-09-the-fast-food-industrys-4-2-billion-marketing-blitz/>

Tom Philpott’s article speaks out against the grotesque budget of the fast food market. Four point two billion dollars. It’s incredible how much of a monopoly the fast food companies have over the U.S. let alone the world. They dominate the market, and the people/organizations that are trying to promote a healthy diet don’t even have a fighting chance against these billion-dollar companies. The budgets of the two industries (Fast food corporations vs. USDA) add up to $4.2 Billion to $6.5 million. So “for every $1 in the industry [fast food companies] spends haranguing Americans to eat stuff like Burger King’s 2,500-calorie Pizza Burger, about a tenth of penny gets spent urging folks to eat their spinach.”

-Cameron Magida

<http://www.npr.org/blogs/health/2012/05/21/153030283/a-dire-sign-of-the-obesity-epidemic-teen-diabetes-soaring-study-finds>

this is an articles about children that are obese in the United States. We should discuss why obesity is common among children. Chima

Honey Boo Boo Child

<http://lasvegas.informermg.com/2012/09/04/tlc-hits-new-lows-with-toddlers-and-tiaras-and-here-comes-honey-boo-boo/>

This country is under exploitation all over television, just like the super sizing epidemic at Mcdonalds. Shows like 16 and pregnant and the new show, Here Comes Honey Boo Boo, portrays people in this country who have made poor decisions and still choose to make poor decisions while living and unhealthy lifestyle, yet are making money off of the way they live. Both Honey Boo Boo and her mom are over weight, as well as most of her family. But that makes the show even more funny so it seems as though it is "okay" to be fat. Not to mention they show them "Extreme Couponing" and all the food they get is fake, and bad for you. Honey Boo Boo never has a coupon for organic chicken or vegetables, it is always something like nestle quick chocolate, and other snacks with lots of sugar and high fructose corn syrup.

\*This demonstrates a whole new side to a problem in this country that people who are under a tight budget are forced to buy food that is not good for them because it is cheaper. Mostof the subsidizing in this country goes to the corn industry. This is sad to say, but people have to sacrifice a healthy diet just so their family can survive.

**Why should people who are struggling to make enough money have to sacrifice a healthy diet just so their family can pay the bills?**

<http://www.scientificamerican.com/article.cfm?id=fresh-fruit-hold-the-insulin&print=true>

Subsidies in this country are forcing families like Honey Boo Boo to eat unhealthy food because they can not afford anything else. These subsidies directly relate to the increase in obesity and other desieses that have been on the rise over the past decade. The food industry needs to change its ways before this whole country becomes obese.

-Lexie Perticone

<http://www.thedailybeast.com/articles/2012/03/12/still-a-fast-food-nation-eric-schlosser-reflects-on-10-years-later.html>

Despite all the facts that are out there about the dangers of fast food, as a nation we continue to consume large amounts of fast food. Despite the food movements trying to get more Americans to avoid processed foods and buy more organic foods, people still eat too much fast food. Organic foods are expensive, and most parents don’t have time to cook their children healthy meals, so they turn to a less healthy choice. Fast food corporations are now aggressively targeting low-income communities.

-Christian Miller

<http://theweek.com/article/index/227428/the-heavy-price-of-obesity-in-america-by-the-numbers>

This article explains how obesity in America has forced the Government to spend billions on making a better lifestyle for them. For example, "wider stadiums seats and sturdier floor-mounted toilets." With the obesity rates increasing, Gov’t will continue spending billions on them. While fast food restaurants continue to serve their food to customers, America’s obesity rates will continue to boom. Therefore, Government will continue spending billions every year.

-Owen Koorbusch

<http://healthland.time.com/2010/11/08/study-fast-food-ads-target-kids-with-unhealthy-food-and-it-works/>

This article pertains to the marketing of fast food to children, as was discussed in Super-Size Me. The article focuses on the fact that even though in recent years fast food companies have advertised on children’s TV channels less, the amount of exposure that each kid gets has greatly increased, mainly due to online advertising. Sites like Disney that are marketed to kids rack up tens of millions of unique visitors each month on the fast food advertisements that cover their website. This leads to the brand-imprinting that was discussed in the movie, and the article documents that when asked, 84% of parents admitted to letting their children eat at a fast food restaurant in the preceding week.

Topher Pierce

<http://healthland.time.com/2012/01/04/ads-featuring-overweight-children-make-some-experts-uncomfortable/>

this article talks about how Georgia is using very "uncomfortable" pictures of overweight children to get the message across about the obesity problem. Rebecca Puhl of Yale's University center for food policy and obesity talks about how this strategy to reduce obesity might help it because it shows how little hope there might be for obese kids. On the other side kids who are in the ads fully support it and see it as a way to motivate parents to give kids healthier foods.

abbas jafri

<http://www.boston.com/dailydose/2012/06/20/ban-supersize-soda-are-putting-too-much-emphasis-soda-not-portion-size-general/jLgrFjbn77qYGe01JMV8xO/story.html>

This article discusses the ban that Mayor Bloomberg recently placed on soda drinks larger than 16 ounces, and how it might not be enough to make an impact on the obesity epidemic. I thought it was interesting how the author thought that Bloomberg is putting too much emphasis on soda, and not the other excessive portion sizes. I agree with him about the fact that Bloomberg is sending the wrong message about becoming healthier. His new ban on soda makes it seem that by toning down one’s soda intake, he/she will not become obese or unhealthy. Unfortunately, nearly all food portions from fast-food restaurants come way too large. To truly become healthier, people will have to decrease more than just their soda intake.

Kevin Seiler

<http://www.thedailybeast.com/articles/2012/06/02/banning-the-big-gulp-and-taxing-sodas-are-lousy-solutions-to-the-obesity-problem.html>

I chose this article because it proposes an interesting comparison between the war on obesity and the war on tobacco products. On a very basic level, it appears to make sense to raise taxes on soda and other sugary products to curb the appeal of the product to potential customers. This same strategy worked with tobacco products. However, the planned attack on soda products presents a far more complex set of consequences than the attack on tobacco. It presents an interesting debate between the people’s freedom of choice and protecting people’s health. It is a debate that can be stretched onto a multitude of issues today. The war against obesity will be a long and hard one to fight and will not be won as simply as the fight against tobacco was. Matt Brown

<http://www.nytimes.com/2012/05/31/nyregion/bloomberg-plans-a-ban-on-large-sugared-drinks.html?pagewanted=all>

This article covers the specifics of Mayor Bloomberg’s proposed plan to ban the sale of sugary fruit drinks and non-diet sodas amongst NY street venders, movie theaters, fast food chains, and restaurants. Any drink sizes above 16 fluid ounces or less than 4 fluid ounces would be made illegal for sale, however consumers could still purchase them at super markets and convenience stores. Calorie heavy beverages would be replaced by diet and zero type sodas as well as any other drink less than 25 calories per serving.

-- Will Cornacchia

<http://theweek.com/article/index/229288/dippable-meat-the-future-of-fast-food>

This article discusses how fast food chains like McDonalds, Popeye’s, and Dominos are producing more on the go food options for Americans. McDonalds recently came out with their chicken bites that fit into a cars cup holder, along with Popeye’s who have been promoting their new on the go “the Rip'n Chick'n” it is easy to break a part and eat on the go. I chose this article, because as Americans life styles begin to change the fast food companies adapt, McDonald's officials say “drive-through orders make up 70 percent of its sales.” Fast food companies are constantly advertising faster on the go foods, these options give a scape goat to lazy Americans who rather wait in a drive through than make a meal.

-Daly Hebert

<http://frac.org/initiatives/hunger-and-obesity/are-low-income-people-at-greater-risk-for-overweight-or-obesity/>

This article is about the relationship between obesity and income. It has interesting statistics saying that the lower the SES (social economic status) in women they are more likely to be obese. On the other hand, there is not really a pattern like that for men. It also discusses the relationship between obesity, income and race saying White people are tend to be more obese.

--Sloane C.

<http://www.npr.org/blogs/thesalt/2012/08/30/160266307/subtracting-calories-may-not-add-years-to-life?sc=emaf>

According to this article, the idea that a diet with fewer calories will lead to a healthier, happier life, if not true at all. This long term study done with monkeys has shown that monkeys who were fed a diet with 30% fewer calories than other monkeys did not live longer and had no higher overall health. In fact, the males on the lower calorie diet were physically smaller than monkeys who ate noramlly.

-Dan Wood

<http://bottomline.nbcnews.com/_news/2012/08/21/13300292-fast-food-giants-try-to-cut-the-guilty-leave-the-pleasure?lite>

This article shows how the Fast Food giants are working to make their food appealing to the health conscious consumer. I chose this article because it is important to note what the fast food restaurants are doing to appeal to the health conscious consumer. This article pinpoints how the Fast Food companies are trying to appeal to both types of people by offering all the food they have in the past with no change, just adding food to appeal to the “soccer mom in a hurry, driving a Volvo with high income."

-West Bielstein

http://healthland.time.com/2012/08/13/study-junk-food-laws-may-help-curb-kids-obesity/

This article discusses how food laws were experimented to see if they would help childhood obesity. While the experiment had a limited number of participants, studies proved that the stricter and more laws put in place did ultimately reduce childhood obesity. The laws were targeted towards schools but the question was asked "what are the downsides of improving the food environment for children today?" I argue that despite the downsides, the government should create greater regulations on food provided in schools.

-Brittany Osborn

<http://www.nytimes.com/2011/09/25/opinion/sunday/is-junk-food-really-cheaper.html?pagewanted=1&ref=fastfoodindustry>

This article explains that the reasons behind the appeal behind eating fast foods are more than just the cost. The article expresses ideas that it’s the abundance of fast food places and the simplicity of quickly ordering what ever you want that also creates the appeal and the problem. But it also touches upon an idea that it isn’t the monetary cost but the effort required to create a healthy home cooked meal that pushes people to eat at fast food restaurants. All of this connects to the argument that fast food companies have been using that it’s the individual’s choice to eat fast food. I thought this was interesting article that suggests that attacking the fast food companies will only solve part of the issue and that it is the people who need change what choices they make.

- Will Smelser

http://www.nytimes.com/books/first/s/schlosser-fast.html

This article starts out by describing a military base in Colorado springs used to track every manmade object in the north american airspace and is closed of to the public. It then quickly goes on to say how almost every night a Dominos pizza deliver car enters the facility with pizza. This set the point of the article as it main explains how the fast food industry has impacted america and how it has rooted its self into our everyday lives. It goes on to explain how it uses marketing to grab the attention of american's especially in children with its toys and play grounds. The article is not completely bias and does give some good points about the fast food industry and how some companies like McDonald's are the leading corporation for most new jobs today. Once you here how they are doing that and the other effects you must question if it is worth it or will it eventually ruin our country.

-Nick Wolf

http://www.cnn.com/2010/HEALTH/03/28/fatty.foods.brain/index.html

This article explains the recent lab results on a series of tests that prove that eating high fat/ high sugar content foods trigger the same neurotransmitters that drugs such as cocaine trigger. It later goes on to talk about how, just like when you take a serious drug, you feel a "high" and eventually the pleasure centers in your brain "crash" triggering you to eat again. Just like taking drugs, these highs and lows require increasing amounts of the food to feel good, causing serious addiction to fast food places like McDonald's and Popeye's. The final part of the article goes on to say that fast food chains and junk food companies purposefully look into ways to increase the "high" of their food in children and adults.

http://www.time.com/time/specials/2007/article/0,28804,1626795\_1627112\_1626670,00.html

Along with the other article, this article talks about how it is more of a science than an obsession with eating, specifically fast, fatty food. To sum it up the writer speaks to many professors and scientists who are conducting different experiments that show that despite the secretion of both "addicting" and "blocking" hormones specifically for your stomach, the constant eating and the obesity blocks their effect so much that a abnormally large person does not listen to what their brain is telling them. One specific professor from the Oregon National Primate Research Center talks about how excessive eating mirrors the patterns of drug addiction and that three areas of the brain give the person eating a reward in the form of dopamine that keeps the person coming back for more.

**Do Fast Food chains manipulate their food to be more addicting to keep their customers coming back for more? -**Olivia Leunis